

## **SIGN-UP ON JUNE 12<sup>TH</sup> FOR PLYMOUTH HARBOR CRUISE TRIP**

Join the Foxboro seniors on Thursday, August 15<sup>th</sup> on the 'Pilgrim Belle', an authentic Mississippi-style paddle wheeler, as you take a scenic, one-hour narrated cruise of Plymouth harbor. Hear about the historic town and seaport of Plymouth, Plymouth Rock, Mayflower II, Plymouth Beach, Clark's Island and the majestic Gurnet Point Lighthouse. A special luncheon at Isaac's will be served prior to the boat ride. You will have your choice of entrée (Seafood Medley or Chicken Cordon Bleu), salad, chef's choice of starch, dessert, coffee or tea. You will round off your day with a visit to the Plymouth Bay Winery before returning home. The cost for this wonderful day trip is \$71 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, July 12<sup>th</sup>. Your motorcoach bus will depart from St. Mary's Church parking lot (time to be announced) on Thursday, August 15<sup>th</sup>. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, June 12<sup>th</sup> beginning at 8:00 a.m.

### **Monday, May 27**

#### ***Memorial Day***

***Senior Center Closed***

### **Tuesday, May 28**

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

### **Wednesday, May 29**

Strength Training 8:30 a.m.

Chorus @ Taylor School) 10:00 a.m.

Video Lecture Series "Our Night Sky" 11:30 a.m.

Dollar Tree Store/Ocean State 1:00 p.m.

Zumba 2:30 p.m.

Supper Club 4:30 p.m.

### **Thursday, May 30**

Ceramics 9:00 a.m.

Men's Breakfast 9:00 a.m.

Classic Movie "Mrs. Miniver" 1:00 p.m.

Pre-Diabetes Screenings (by appointment) 1:00 p.m.

### **Friday, May 31**

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Chorus @ Burrell School 10:00 a.m.

Cribbage 11:00 a.m.

Card Making 11:00 a.m.

Italian 2 Class (off-site @ Antonia's) 5:00 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. [www.foxboroughma.gov](http://www.foxboroughma.gov)

## **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

"Living with Diabetes" will be this week's senior center programming shown on May 29<sup>th</sup> & 30<sup>th</sup>. Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast Channel 22 and Verizon Channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m.

The Foxborough Council on Aging has a DVD Lending Library of programs and events that have taken place at the senior center. In case you missed the live event or would simply like to watch it again at your leisure in the comfort of your own home, just stop by the senior center and borrow the program of your choice. Our latest program additions for your viewing pleasure include:

“Jerome Kern’s Music with Jack Craig”

“Men’s Breakfast with Mike Johns, Director of Veterans Services”

“On Your Computer with Kevin Gleason:

1. Powering On & Powering Off
2. Effective Use of the Internet, Blogs & Password Security

## **REGULARLY SCHEDULED**

### **BINGO!**

Calling all Bingo players...Come and join the fun on the 1<sup>st</sup> Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, June 4<sup>th</sup> from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

### **BOOKS ON TAPE BOOK CLUB**

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors, who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Community Social Worker, Noreen Sherys. Our next meeting is on Monday, June 3<sup>rd</sup> at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252.

### **CLASSIC MOVIE**

Come to the senior center for a movie classic on Thursday, May 30<sup>th</sup> at 11:00 a.m. and see “Mrs. Miniver.” Mrs. Miniver is a 1942 British dramatic film directed by William Wyler, and starring Greer Garson and Walter Pidgeon. Based on the 1940 novel Mrs. Miniver by Jan Struther, the film is about an unassuming British housewife in rural England during World War II who finds herself confronting a German pilot who has parachuted into her idyllic village while her husband is participating in the Dunkirk evacuation. Mrs. Miniver won six Academy Awards, including Best Picture, Best Director (William Wyler), Best Actress (Greer Garson), and Best Supporting Actress (Teresa Wright). You can watch this time honored classic, enjoy some popcorn, and socialize with each other. Please give us a call at 508-543-1252 to let us know that you will be coming.

### **MANICURES**

Our manicurist, Sheri Thorpe will be here next on Tuesday, May 28<sup>th</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses quality OPI products and has been the manicurist at our neighboring Plainville Council on Aging. She comes to us with high recommendations. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

### **MEN’S BREAKFAST**

Join us for a delicious breakfast and some socialization on Thursday, May 30<sup>th</sup> at our next Men’s Breakfast when Rick LePreste, MSPT, Clinical Manager at Bay State Physical Therapy, will be our speaker. Rick will give us keys and tips on staying active and healthy. He will talk about some common injuries, why they happen and how we can avoid them. The men will be served breakfast at 9:00 a.m., and the presentation will begin at approximately 9:30 a.m. Women are invited and encouraged to join us at 9:30. The cost for breakfast is \$3. To participate in the breakfast, please call the senior center at 508-543-1252 to sign-up by Friday, May 24<sup>th</sup>. As always, everyone is welcome to join us after breakfast has been served for the presentation portion of the program free of charge.

### **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? Why not join the COA along with HESSCO for a nice evening meal together? On Wednesday, May 29<sup>th</sup>, come and enjoy some punch and an opportunity to visit with each other at 4:30 p.m., followed by a meal of hot dogs, beans, and cole slaw to be served at 5:00 p.m. A voluntary donation of \$2.50 per person can be given that evening. Space is limited, so please let us know to save a spot for you. Call us at 508-543-1252 to make your reservation or to arrange for transportation needs.

### **AFGHANS ALWAYS AVAILABLE**

A great gift for any occasion ... historical Town of Foxborough afghans are always available for sale at the senior center and at Cindi's Jewelers. Afghans in Cranberry, Loden Green, Navy Blue (newly available), or Williamsburg Blue are \$34.95 each. There is a multi-colored version at a cost of \$39.95. Proceeds from the sale of these afghans benefit the Friends of Foxboro Seniors.

### **VIDEO LECTURE SERIES: "OUR NIGHT SKY"**

As part of "The Great Courses" video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering "Our Night Sky" on Wednesdays at the senior center from May 22<sup>nd</sup> through June 26<sup>th</sup> from 11:30 a.m. to 1:00 p.m. Learn about the constellations, their stars, the planets, meteors and comets, and navigating the sky with binoculars and telescopes. Professor Edward Murphy, Associate Professor from the University of Virginia's Department of Astronomy, will share his knowledge from a career made out of introducing both students and the general public to the wonders of the night sky. He previously taught at The Johns Hopkins University, where he worked closely with NASA on its Far Ultraviolet Spectroscopic Explorer mission. This series is touted as "pure intellectual stimulation" by *Harvard Magazine* and "a serious force in American education" by *The Wall Street Journal*. Please call 508-543-1252 to sign-up for this wonderful educational opportunity. Watch for other series to follow!

### **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

May 28 Shaw's (in lieu of 5/27)

May 29 Dollar Tree Store/Ocean State Job Lot

June 5 Target

June 12 Kohl's @ Mansfield Crossing

### **SPECIAL EVENTS AND PROGRAMS**

#### **I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!**

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Tuesday and Thursday afternoons throughout the summer to Bubbling Brook, Crescent Ridge, Flint Farm, The Ice Cream Machine and The Big Apple. Our first trip for this season will be to Bubbling Brook in Westwood on Thursday, June 13<sup>th</sup>. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

### **COMMUNITY BBQ AT CAPRON PARK & ZOO**

Sturdy Memorial Hospital will hold a Community BBQ in honor of their 100<sup>th</sup> Anniversary on Saturday, June 22 (raindate: Sunday, June 23) from 11:00 a.m. to 2:00 p.m. at Capron Park & Zoo, 201 County Street, Attleboro. This FREE event is open to the public and includes admission to the zoo, food, activities and games, music, and giveaways. Register online at [www.sturdymemorial.org](http://www.sturdymemorial.org) or by calling 508-236-8019 by Tuesday, June 18<sup>th</sup>.

### **MEDICAL INFORMATION AND SERVICES**

**S.H.I.N.E.**

With all the changes in insurance, prescription coverage, and Medicare, we all need to have someone to help us understand what has happened. We have SHINE (Serving Health Information Needs of Elders) counselors, Judy Murphy and Ed Raider of HESSCO (Health and Social Services Consortium), covering Norfolk County, who will be at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next available appointments will be on Tuesday, June 4<sup>th</sup>. Please give us a call at 508-543-1252 so that we can schedule an appointment for you.

### **THE YALE HEART STUDY**

The Yale Heart Study is concerned with how people get medical care when they are having symptoms of a heart attack. We are asking people who have had a heart attack to share their experiences at our website:

<http://heartstudy.yale.edu>. The goal of this study is to help people get care as quickly as possible when they are having heart attack symptoms. The study is being conducted on the internet and takes about 30 minutes to an hour to complete depending on your experiences. Participation in this study is completely anonymous. The study has been approved by the Yale University Institutional Review Board and is funded by the National Institutes of Health. If you have any questions about this study please contact us at [heart.study@yale.edu](mailto:heart.study@yale.edu) If you know of someone who has had a heart attack, there is a place on the website for you to invite them to participate in our study. We hope some of you will help us to help others. The study address, again, is <http://heartstudy.yale.edu>

### **BLADDER ISSUES**

Reclaim bladder control with Pelvic Floor Muscle Rehabilitation (PFMR), which treats a wide range of bladder disorders in a non-invasive, painless way. Come to the Pelvic Floor Muscle Rehabilitation Informational Session on Wednesday, June 5<sup>th</sup> from 6:30 -7:30 p.m. at Community VNA, 10 Emory Street, Attleboro. Mary Ellen Doherty, registered nurse practitioner from the Center for Bladder & Pelvic Health at OB/GYN Associated of Attleboro will present this FREE program. A question and answer session will follow the presentation. Lights refreshments will be provided. Call 508-236-8020 to register.

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

#### **Monday, May 27**

*Memorial Day*

*No Meal Served*

#### **Tuesday, May 28**

Low Sodium Hot Dog On A Roll

Mustard Packet

Baked Beans

Hot German Slaw

Mixed Fruit

#### **Wednesday, May 29**

*Happy Birthday*

Grilled Chicken W/Supreme Sauce

Red Bliss Potatoes

Country Style Vegetables

Whole Wheat Bread

Birthday Cake

**Thursday, May 30**

Crunchy Fish Sticks

Tartar Sauce

Au Gratin Potatoes

Escaloped Tomatoes

Muffin

Butterscotch Pudding

**Friday, May 31**

Whole Grain Stuffed Shells W/Florentine Sauce

Italian Style Veggies

Whole Wheat Roll

Banana